



READY FOR SUNSHINE

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RECORD	: CEM 37026, Ready for Sunshine, Al Russ Orchestra (flip Satin Smooth)
FOOTWORK	: Opposite except where indicated (Lady's instructions between brackets)
RHYTHM	: Quickstep, RAL Phase V + 1 [V-6] (Easier than rating indicates)
SEQUENCE	: Intro-AB-AB-A (1-14) - Ending Time 2'45" @ speed 45

MEAS

INTRODUCTION

1 - 4 WAIT;; APT PT; TOG TCH;

OP FCG DW wait;; apt L,-, pt R twds ptr,-; fwd R (W fwd L to pick up),-, tch L,-;

PART A

1 - 4 QUARTER TURNS AND PROGRESSIVE CHASSE TO A MANUEVER;;;;

Fwd L,-, fwd R trng RF fc WALL,-; sd L, cl R, sd & bk L w/ slight Rf trn,-; bk R w/ slight LF trn,-, sd L, cl R; sd & fwd L trng LF to BJO,-, fwd R trng RF to DRW,-;

5 - 9 OVERSPIN TO V-6 & FWD LK STEP;;;;;

Bk L pvtg 1/2 RF, -, fwd R on heel cont RF pvt & rise to toe (W bk L & brush R), -; bk L cont RF pvt to fc DRW, -, bk R to C/BJO, lk LIF; bk R, -, bk L,-; bk R to CP startg LF trn, sd L compl 1/4 LF trn, fwd R to BJO DW, -; fwd L, lk RIB, fwd L, -;

10-13 MANUEVER SIDE CLOSE; IMPETUS TO SEMI CHASSE TO BJO;;;;

Fwd R trng RF, -, sd L cont RF trn to CP RLOD, cl R; bk L trng RF for heel trn, -, cont trng RF on L cl R, -; fwd L to SCP LOD, -, thru R, -; trng RF to fc ptr sd L, cl R, sd & fwd L to BJO LOD, -;

14-16 MANUEVER SIDE CLOSE; SPIN TURN & STEP BK;;;

Fwd R trng RF, -, sd L cont RF trn to CP RLOD, cl R; bk L pvtg RF 1/2,-, fwd R on heel cont RF trn rise to toe (W bk L & brush R), -; bk L to fc DW, -, bk R, -;

PART B

1 - 4 6 QUICK TWINKLE WALK 2 FWD LK FWD CHECK;;;;;

Sd L, cl R trng slightly LF, bk L to BJO DC, cl R trng slightly RF to CP LOD; fwd L to BJO DW, lk RIB, fwd L, -; fwd R, -, fwd L, lk RIB; fwd L, -, fwd R trng RF checkg to BJO DC, -;

5 - 8 FISHTAIL; 6 QUICK TWINKLE WALK & MANUEVER SIDE CLOSE;;;;

XLIB, sd R trng slightly RF to CP LOD, fwd L to BJO LOD, lk RIB; sd L trng slightly LF to CP LOD, cl R trng slightly LF, bk L to BJO DC, cl R trng slightly RF to CP LOD; fwd L to BJO DW, lk RIB, fwd L, -; fwd R trng RF, -, sd L cont RF trn to CP RLOD, cl R;

9 -13 PIVOT 1/2; WALK 2; TELEMARK TO SEMI CHASSE TO BJO;;;;

Bk L pvtg 1/4 RF, -, fwd R pvtg 1/4 RF to LOD,-; fwd L, -, fwd R, -; fwd L trng LF (W bk R for heel trn), -, sd & fwd R arnd W (W cont trng on R heel cl L), -; fwd L to SCP DW, -, thru R, -; sd L trng to fc ptr, cl R, sd & fwd L to BJO LOD, -;

14-16 MANUEVER SIDE CLOSE; PIVOT 1/2; DIP BK & REC;

Fwd R trng RF, -, sd L cont RF trn to CP RLOD, cl R; bk L pvtg 1/4 RF, fwd R pvtg 1/4 RF to LOD, -; dip bk L, -, rec R,-;

ENDING

1, PIVOT 2; APT,

Bk L pvtg RF, -, fwd R pvtg RF to DW, -; qk apt L leavg R leg extd & R ft ptd twds ptr,